

A GREAT SOLUTION TO

SNORING



Most Americans don't get the proper 8 hour sleep these days. This would mostly make them feel exhausted and have a high blood pressure all the time along with headaches and probably snoring. While snoring can be caused by a number of problems, it is a very common symptom of obstructive sleep apnea (OSA), which is a really dangerous problem.

Most people would only consider it a minor annoyance, research actually shows that snoring can be hazardous to health. It is because for about 18 million Americans, snoring is related to obstructive sleep apnea. It is a disease where the throat muscles relax to the level of complete or partial obstruction; hence, blocking passage for air. The overall contributors here are the jaw, tongue and the throat muscles, which cause the resulting lack of oxygen. The obstruction may occur for around a minute each time and for about hundreds of times every night.

The patients of sleep apnea would usually wake up at the time of obstruction, hence leaving the patient exhausted and sleepless. The OSA is related to the following health issues:

- Memory loss
- Frequent urination in the night
- Heart attack
- Diabetes
- Depression
- Stroke
- Acid Reflux

It is said that people over 35 are at a higher risk of the problem as compared to younger ones. The diagnosis and treatment of OSA is expensive and is not always backed by insurance. This is because the diagnosis to begin with requires over-night visits which might cost the patient up to \$5000 per night. The doctors would then prescribe one of the treatments according to the data that they have analyzed. One of the treatments includes wearing uncomfortable CPAP devices that would push air through the nose and keep the nostrils open while the patient sleeps. On the other hand, there is also a painful surgery to solve the issue for good.

Fortunately, there is a comparatively far less invasive and cheaper treatment solution available now. It would involve a chinstrap that you will need to wear while sleeping. The chinstrap will support the tongue and the lower jaw in order to prevent the obstruction for convenient breathing. It is made from a light-weight, high-tech material and has been tested by thousands of people by now.

The chinstrap solution will therefore cure sleep apnea without going through a painful surgery, or having to use a nose holder.

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<http://www.researchomatic.com/New-Research/Snoring-Causes-157208.html>